

Individual Best Times (All Time)

Lara Reed - (723713) - Oxford University SC - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:42.31	579	H	27/06/15	Scottish National Open Championships	Glasgow		1
4:46.02	557	H	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	Wycombe Dist	1
4:46.75	553	F	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	Wycombe Dist	1
4:46.84	552	H	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	Wycombe Dist	1
4:46.88	552	F	02/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Wycombe Dist	1
4:47.65	547	F	07/06/14	Cardiff International Open Meet	Cardiff	Wycombe Dist	1
4:47.65	547	F	17/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	Wycombe Dist	3
4:47.84	546	F	11/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	Wycombe Dist	1
4:48.05	545	F	28/05/16	City of Cardiff Open Meet	Cardiff	Wycombe Dist	1
4:49.88	535	F	13/04/14	Crawley Spring Open Meet	Crawley	Wycombe Dist	1
4:51.00	529	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Wycombe Dist	1
4:51.88	524	F	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	Wycombe Dist	1
4:55.03	507	F	19/07/15	Wycombe District End of Season Meet	Wycombe	Wycombe Dist	3
4:56.43	500	F	14/07/13	Wycombe District SC End of Season Meet	Wycombe	Wycombe Dist	3
4:57.39	495	F	22/09/13	Wycombe District SC Club Championships	Wycombe	Wycombe Dist	4
5:00.42	480	F	21/09/14	Wycombe District Club Gala	Wycombe	Wycombe Dist	4
5:05.10	459	F	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	Wycombe Dist	1
5:13.45	423	F	24/03/12	Tiger Bay Open Meet	Cardiff	Wycombe Dist	1

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